

# Volunteer Voice

Newsletter for the Retired and Senior Volunteer Program (RSVP) @ Triton College  
*Serving West Suburban Cook and Southern DuPage Counties*

Spring 2025:  
March-May



Happy New Year! We hope everyone enjoyed the holiday season and is ready to make a new start in 2025. Let this be the time when you make goals to live and do better for yourself.

Some people may think it's a cliché to make resolutions, but having goals is good—it gives you something to work towards and look forward to. However, don't beat yourself up if you fall short or "fall off the wagon." The important thing is that you get up and try again.

Whether you want to lose weight, exercise more, be more social, or read more books, making these changes/improvements will help you feel better about life. Cheers to a fantastic 2025!

~RSVP Staff

## How to Make Realistic New Year's Resolutions

By psychologist Dr. Paul Marciano (*printed on Forbes.com*)

1. Clearly define your goals
2. Track your progress
3. Have patience
4. Publicize your goals to friends and family
5. Put it on a schedule

6. Stop "all or nothing" thinking; it's better to do something than nothing

7. Get up when you slip

*Dr. Marciano firmly believes that achieving our goals isn't about willpower. It's about developing the right skills and strategies that, with patience, will lead to success.*



To read the full article, click here: <https://www.forbes.com/sites/kevinkruse/2016/01/03/making-new-years-resolutions-stick/?sh=2cd684386903>

## Our Impact on Volunteers!

Accordingly to a 2019 longitudinal study, **AmeriCorps volunteers were healthier, less stressed, and less socially isolated than those who did not serve.**



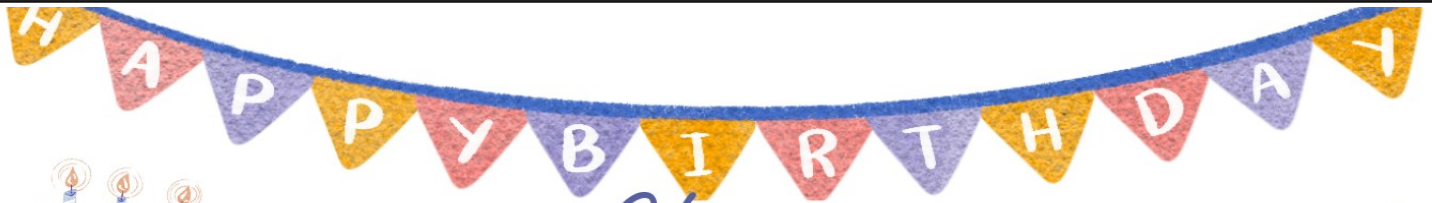
**AmeriCorps  
Seniors**

### Volunteering Statistics:

- ⇒ **88% reported fewer feelings of isolation**
- ⇒ **84% reported stable or improved health**
- ⇒ **78% reported fewer symptoms of depression**

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## Happy March, April, May Birthdays!



### March

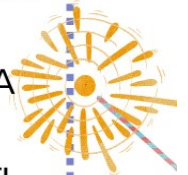
BAUMAN, DARLENE  
 BEINOR, DAVID T.  
 BURTIS, BARBARA  
 CHRISTIANSON, MARY  
 DEMPSEY, KATE  
 DOKIC, JEFIMIJA  
 GLEATON, ESTHER M.  
 GRAHEK, SUSAN  
 HARRIS, YVONNE  
 HIER, STEPHEN O.  
 HOLAK, VIRGINIA  
 HOWARD, JOYCE  
 KIEC, DANNY  
 KIEC, NANCY  
 KOCA, KATHLEEN  
 KROGH, INGE  
 MAYMON, ESTHERLYN  
 MILOBOWSKI, JAMES  
 NELSEN-BROWN, ANITA  
 NEWCOMB, DON  
 PORTER, AUDREY  
 SANFILIPPO, MARK  
 SASSO, JOSEPH  
 SMOLER, JOYCE  
 WALKER, PATRICIA  
 ZIEMBA, RHONDA

### April

BAGLIERI, NANCY  
 BARSEVICK, LINDA  
 BRENNAN, JULIANNE  
 CARVAJAL, ISMENY  
 DEWALLE, DAN  
 HARRISON, WILLIE  
 KAY, BEATRICE  
 LAMACZ, LUCILENE  
 LATA, RONALD S.  
 REKO, RUTH  
 RYMARZ, PATRICIA  
 SANFILIPPO, BETH  
 SEBASTIAN, JAN

### May

CARR, JOANNE  
 COURTNEY, CAROL  
 DUPEE, MADELYN  
 GERBER, GLENN  
 GONZALEZ, JEAN  
 HERNANDEZ, KATHLEEN  
 IMPASTATO, RICHARD  
 KOTOWSKI, DARLYNE  
 MCLAREN, MINERVA  
 MESCHINO, SUSAN V.  
 MURPHY, GABRIELLE  
 NAFISEH, MARGARET  
 NALLY, JOHN  
 PARKER, BERTHA  
 RITTER, JIM  
 ROCHA, CHRISTI  
 SCHILD, DENISE  
 SPRINGER, LINDA  
 STOYANOVA, KAMELIA  
 TAKAKI, VIRGINIA  
 WELLS, JACK  
 WELLS, VAUGHN



*Happy birthday to the following RSVP volunteers  
 who are celebrating another year younger!*



# RSVP'S 2025 Tax Season



RSVP is again offering FREE tax assistance to eligible senior citizens in the area, thanks to a supplemental grant awarded by the Internal Revenue Service called the Tax Counseling for the Elderly (TCE). This program helps individuals aged 60 and older from low- to moderate-income households prepare their annual tax returns.

RSVP has been awarded the TCE grant for 35 years, serving thousands of people in surrounding communities. Each year, RSVP recruits volunteers to become trained and certified to assist people with taxes.

The TCE program will offer services at various sites throughout the area Monday-Saturday during tax season (February-April 15th).

**Appointments are REQUIRED to receive assistance.**

Day	Times	Site	Address
Monday	9:30am - 1:30pm	Melrose Park Public Library	801 Broadway (19 <sup>th</sup> Ave.) Melrose Park, IL 60160
Tuesday	9:30am - 1:30pm	Elmwood Park Public Library	11 Conti Parkway Elmwood Park, IL 60707
Tuesday	9:30am - 1:30pm	Eisenhower Public Library	4613 N. Oketo Ave. Harwood Heights, IL 60706
Tuesday	10am - 1pm	La Grange Park Public Library	555 N. La Grange Rd La Grange Park, IL 60525
Wednesday	9:30am - 1:30pm	Proviso Township Office	4565 W. Harrison St. Hillside, IL 60162
Wednesday	9:30am - 1:30pm	Schiller Park Community Center	4501 25 <sup>th</sup> Ave Schiller Park, IL 60176
Thursday	9:30am - 1:30pm	Westdale Park Center	3045 Sandra Ave Melrose Park, IL 60164
Friday	9:30am - 1:30pm	Norridge Senior Assistance Center	7774 W. Irving Park Road Norridge, IL 60706
Saturday	8:30am - 12:30pm	Triton College (R Building; R-221; multipurpose room)	2000 Fifth Ave. River Grove, IL 60171

To schedule an appointment or get more information, call the RSVP tax line Monday through Friday, 9am to 3pm at **(708) 456-0300, ext. 3895**. If no one answers, try again. Only leave a message if you are canceling an appointment.

## Cernan Earth and Space Center

Stop by Triton College's Cernan Earth and Space Center Planetarium and be amazed by their cosmic light shows. They offer different themes such as "The Best of The Beatles," "Jimi Hendrix Laser Experience," "Laser David Bowie," and many more. They also feature various documentaries and films. Go to their website to view their show schedule. After watching a show, don't forget to stop by the Star Store, which offers an assortment of unique gifts, including books, t-shirts, binoculars, science discovery kits, and more! Purchase tickets at the box office, which opens 30 minutes before the show.



### Cernan Earth and Space Center Planetarium

2000 5th Ave, River Grove IL  
**(708)456-0300, Ext. 3408**

Website: [www.triton.edu/Cernan](http://www.triton.edu/Cernan)

## PUBLIC SHOW SCHEDULE AND PRICING

			2-17 and 55+	Adults 18-54
WEDNESDAY	9:45 a.m.	<i>Early Explorers</i>	\$3	\$3
WEDNESDAY	2:30 p.m.	<i>Fulldome Feature</i>	\$4	\$8
SATURDAY	7 p.m.	<i>Fulldome Feature</i>	\$4	\$8
	8:30 p.m.	<i>Cosmic Light Show</i>	\$5	\$10

Admission is **FREE** for Triton College students, faculty and staff with a valid ID. Programs, showtimes and prices are subject to change without notice. Visit [triton.edu/cernan](http://triton.edu/cernan) for the complete schedule and previews.

# Volunteer Jobs

For details about the following volunteer opportunities, call the RSVP office at (708) 456-0300, ext. 3896



## Chicago

- ⇒ English Language Tutors
- ⇒ Friendship Partners
- ⇒ Transportation Assistant
- ⇒ Volunteer Teams
- ⇒ Legal Ombudsman



## Norridge

- ⇒ Meal Delivery Driver
- ⇒ Friendly Visitor



## Oakbrook

- ⇒ Administrative Service
- ⇒ Bereavement Service
- ⇒ Creative Service
- ⇒ Direct Patient Care service
- ⇒ Knitting & Sewing Service
- ⇒ Music Enrichment Services

## Oak Park

- ⇒ Pet Pal Services
- ⇒ Special Events Assistance
- ⇒ Meal Scheduler
- ⇒ Meal Chef/ Cook Meals
- ⇒ Case Aid
- ⇒ Office Assistant
- ⇒ Dog Walker
- ⇒ Visitor Services
- ⇒ Food Service
- ⇒ Nutrition service/Meals on Wheels Driver
- ⇒ Wellness Checks
- ⇒ Economy Re-sale Shop



- ⇒ Library Team
- ⇒ Pet Therapy Service
- ⇒ Clerical
- ⇒ Information Desk
- ⇒ Records Dept.
- ⇒ Visit Patients
- ⇒ Museum Clerical

## River Grove

- ⇒ Clip Coupons for our Veterans
- ⇒ ESL Tutor/ CETP (Conversational English Tutoring Program)
- ⇒ Triton College Special Events

## River Forest

- ⇒ Graphic Design Service
- ⇒ Program Aid

## Winfield

- ⇒ Escorting Patients
- ⇒ Mail, Transport, Messenger
- ⇒ General Support
- ⇒ Gift Shop Service
- ⇒ Surgery lobby Service
- ⇒ Office Assistance
- ⇒ Sewing



## Cicero

- ⇒ Food Pantry Helper

## Forest Park

- ⇒ Crisis Line Advocate

## Glen Ellyn

- ⇒ Adult Literacy Tutor

## Hines

- ⇒ Red Coat Ambassadors
- ⇒ Voluntary Service Office

## LaGrange

- ⇒ Resale Shop service

## Maywood

- ⇒ Receptionist
- ⇒ Room Assistant at Economy Shop

## North Riverside

- ⇒ Admin/ Clerical
- ⇒ ADRN Advocate (Medicare)
- ⇒ Caregiver Resource Center
- ⇒ Meal Delivery Driver

# TRITON COMMUNITY HORTICULTURE CLUB

The Triton Community Horticulture Club (TCHC) started in 1969 with the purpose of stimulating interest and advance learning in horticulture and floriculture while aiding in the preservation of natural resources. We want to promote an understanding and love of plants through informative programs, field trips, and classes. Membership is open to anyone, regardless of age, that aligns with the club's purpose.

**Meetings are held the second Tuesday of each month** (excluding January, July, and August) at Triton College in the Robert Collins Center (R-building), **room R-221, from 12:30pm to 2:30pm.**

TCHC partners with the Triton College Retired and Senior Volunteer Program (RSVP), which recruits and matches volunteers in the community. This partnership allows the club to utilize services through the college and helps document volunteer hours for club members.

For more information about the TCHC, contact anyone on the club's leadership team.

**President: Douglas Peck**

Phone: 207-350-6297

E-mail: poopzee1@gmail.com

**Vice-President: Jean Wypychowski**

Phone: 708-452-7035

E-mail: jkwyppy@aol.com

**Triton College Liaison: Mario Porras**

E-mail: marioporras@triton.edu

## Spring 2025 Meeting Schedule & Topics

- ◇ **March 11:** Recycling;
- ◇ **April 8** (note, room change to R-309): Perennials
- ◇ **May 13:** Landscaping Advice (summer gardens/flower beds)
- ◇ **June 10:** Summer luncheon & plant exchange



## Active Retired Citizens Club

The Active Retired Citizens Club (ARCC) is an educational, social club for retirees that provides members with activities and networking opportunities to help them expand their social and intellectual lives.

The club meets the **first Friday of each month** (excluding January, June, July) at Triton College in **room R-221**, in the Robert M. Collins Center ("R" building), from **12pm to 2pm**. Coffee and snacks are provided.

**Types of Activities:** Workshops on topics facing the senior population • Luncheons • Craft projects • Movies • Educational/ informative presentations • And more!

**To Join ARCC:** Call us to have an application sent to you or come to our next meeting. There are annual membership dues (approximately \$15) collected at the August meeting.

Questions about ARCC, contact the RSVP office at (708) 456-0300, ext. 3603



### Upcoming Meeting Dates & Topics:

- \***March 7** - St. Patrick's Day History in Chicago
- \***April 4** - Real Estate Trends & Downsizing Ideas
- \***May 2** - Spring Luncheon

# Word Search



A	C	C	P	I	E	S	E	N	I	O	R	S	T
E	O	I	F	R	I	E	N	D	S	H	I	P	R
E	L	E	R	E	C	U	N	I	T	E	D	S	I
R	L	N	I	T	E	A	C	T	I	V	E	P	T
E	A	P	R	E	S	R	E	V	I	D	I	R	O
C	B	R	E	T	I	R	E	M	E	N	T	O	N
I	O	H	R	U	R	R	I	I	R	E	I	C	C
V	R	E	V	E	B	S	A	S	I	L	V	I	O
R	A	O	D	L	I	V	N	C	I	O	N	R	L
E	T	O	I	N	S	P	I	R	I	N	G	E	L
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E	V	R	C	O	M	M	U	N	I	T	Y	A	G
E	E	T	R	A	D	I	T	I	O	N	E	E	E
T	S	E	P	S	U	P	P	O	R	T	I	V	E

- WORD BANK**
- ACTIVE**
  - AMERICORPS**
  - COLLABORATIVE**
  - COMMUNITY**
  - DIVERSE**
  - FRIENDSHIP**
  - INSPIRING**
  - RETIREMENT**
  - RSVP**
  - SENIORS**
  - SERVICE**
  - SUPPORTIVE**
  - TRADITION**
  - TRITON COLLEGE**
  - UNITED**
  - VOLUNTEERS**

**facebook**

## Connect with Us!

We invite volunteers to post pictures when working with our volunteer stations!

Tag us on Facebook @Triton College RSVP

or email us your pictures and we'll share them for you karenmorales@triton.edu



Retired and Senior Volunteer Program



### Contact Us



Retired & Senior Volunteer Program (RSVP) at Triton College

*Serving West Suburban Cook and Southern DuPage Counties*

2000 Fifth Ave., Building R, Room 221; River Grove, IL 60171

Phone: (708) 456-0300, Ext. 3603

E-mail: [rsvp@triton.edu](mailto:rsvp@triton.edu)

On the web: [www.triton.edu/rsvp](http://www.triton.edu/rsvp)

**Staff**

- Mario Porras, Director
- Minerva McLaren, Coordinator
- Beth Sanfilippo, Program Assistant
- Karen Morales, Program Assistant
- Sharon Jones, Student Clerk